

Aquatics

Adult Fitness

Registration now available for water exercise classes.
Classes are 60 minutes. Monthly fee varies, \$7 Drop-in per class.

Aquatics High Intensity Interval Training (H.I.I.T)

All levels High Intensity Interval Training class providing a high cardiovascular workout with low impact on joints. It's the ideal way to cross-train from your high impact/hard-hitting land workouts and still get a great cardio and strength session. Push through the water and not just float your way through it. So get in try some plyometric squats, round house kicks and speed bag punches. If you can't stay afloat, use a noodle for support behind your back. Drop in fee \$7 per class.

43196	15 yrs+	Sa	4/4-4/25	9-10 a.m.	\$20	KRC
43197	15 yrs+	Sa	5/2-5/30	9-10 a.m.	\$25	KRC

Shallow Water Exercise

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide a cardiovascular and strength training workout. A variety of water equipment is used for conditioning and total body toning. Includes stretching, warm-up, cardio, toning, and cool-down. Monthly fee varies.

43199	15 yrs+	M	4/6-4/27	8:30-9:30 a.m.	\$20	KRC
43200	15 yrs+	T	4/7-4/28	8:30-9:30 a.m.	\$20	KRC
43201	15 yrs+	W	4/1-4/29	8:30-9:30 a.m.	\$25	KRC
43202	15 yrs+	Th	4/2-4/30	8:30-9:30 a.m.	\$25	KRC
43203	15 yrs+	M	4/6-4/27	5:30-6:30 p.m.	\$20	KRC
43204	15 yrs+	W	4/1-4/29	5:30-6:30 p.m.	\$25	KRC
43205	15 yrs+	M	5/4-5/26	8:30-9:30 a.m.	\$20	KRC
43206	15 yrs+	T	5/5-5/27	8:30-9:30 a.m.	\$20	KRC
43207	15 yrs+	W	5/6-5/28	8:30-9:30 a.m.	\$20	KRC
43208	15 yrs+	Th	5/7-5/29	8:30-9:30 a.m.	\$20	KRC
43209	15 yrs+	M	5/4-5/26	5:30-6:30 p.m.	\$20	KRC
43210	15 yrs+	W	5/6-5/28	5:30-6:30 p.m.	\$20	KRC

Transitional Water Exercise

Challenge yourself to the next level of physical fitness. This non-impact class is performed in the deeper water and incorporates muscular strengthening aerobic conditioning and abdominal training exercises. A variety of equipment is used for buoyancy and water resistance. Participants have the option of working in deep or shallow water. Drop-in fee \$7 per class.

43221	15 yrs+	T	4/7-4/28	6:40-7:40 p.m.	\$20	KRC
43222	15 yrs+	Th	4/2-4/30	6:40-7:40 p.m.	\$25	KRC
43223	15 yrs+	T	5/5-5/26	6:40-7:40 p.m.	\$20	KRC
43224	15 yrs+	Th	5/7-5/28	6:40-7:40 p.m.	\$20	KRC

New! Unlimited Water Fitness Program

Looking for a more flexible schedule to take a water fitness class? Sign up for the monthly unlimited water fitness program and create your own schedule with any of the classes offered during the calendar month. If you like water fitness and need a flexible class schedule, this is the program for you! Opportunities include Shallow Water, Transitional and H.I.I.T. classes. *No Class 5/23, 5/25. Monthly Fee: \$51. 480-350-5201

43846	15 yrs+	M-Th & Sa	4/1-4/30	8:30 a.m.-7:40 p.m.	KRC
43847	15 yrs+	M-Th & Sa	5/2-5/30*	8:30 a.m.-7:40 p.m.	KRC

Special Interest Aquatics Classes



American Red Cross Lifeguard Training

This is certification course for individuals who are interested in Lifeguarding. The course will include First Aid, CPR, as well as Lifeguard Training. Must be 15 years of age and be able to perform the swimming skills necessary to complete the course requirements. Fee: \$130. 480-350-5201

Class Dates: 2/20-3/7

42448	15 yrs+	F	2/20, 2/27, 3/6	5:30-9:30 p.m.	KRC
	15 yrs+	Sa	2/21, 2/28, 3/7	8 a.m.-5 p.m.	KRC

Class Dates: 3/09-3/13

42449	15 yrs+	M-F	3/9-3/13	8 a.m.-5 p.m.	KRC
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Class Dates: 3/18-3/28

42450	15 yrs+	W	3/18, 3/25	5:30-9:30 p.m.	KRC
	15 yrs+	F	3/20, 3/27	5:30-9:30 p.m.	KRC
	15 yrs+	Sa	3/21, 3/28	8 a.m.-5 p.m.	KRC

Starfish Swim Instructor

Swim instructor candidates will receive the training needed to teach courses in the SAI Starfish Swim Instructor Program. Candidates will learn how to help students develop correct stroke technique; develop an understanding of how to teach students at different levels, and water safety techniques. Course Prerequisites: Must be 16 years old and have a basic knowledge of the swimming strokes. Fee: \$130. 480-350-5201

Class Dates: 2/21-3/13

42451	16 yrs+	W	2/25, 3/4, 3/11	5:30-8:30 p.m.	KRC
	16 yrs+	F	2/27, 3/6, 3/13	5:30-10 p.m.	KRC
	16 yrs+	Sa	2/21, 2/28	8 a.m.-5 p.m.	KRC

